

Life Skills and Career Exploration Student Activity

1. Examine the [Life Skills](#) listed educational Standards at McREL's *Content Knowledge* Web site. Notice that there are four categories of life skills: life work, self regulation, thinking and reasoning, and working with others. Be sure you can define each skill in your own words.

List at least three of them on the Data Recording Sheet. Assign one color to each of these three life skills using the three different highlighters.

2. Describe these three life skills in your own words on the Data Recording Sheet.
3. Browse through the [Careers in Genesis](#) portion of the Genesis outreach Web site. Note the several career clusters and specific careers you might be interested in.

Print out the *Occupational Outlook Handbook (OOH)* entry (linked from the "more detail" button of the specific career page) for at least three careers that sound interesting to you. Record their titles on the Data Recording Sheet.

4. Read about your chosen careers. Pay special attention to the sections on the "Nature of Work," "Working Conditions," and "Training, Other Qualifications, and Advancement." Underline or circle skills either mentioned or implied in the text which seem to be required for success in that career.

Match the skills either mentioned or implied in your chosen careers with the skills you selected in Step 1. Highlight these sections of the career description according to the color code used in Step 1. You may have identified necessary skills that are not among the three you chose. Leave those unhighlighted.

Example of highlighting

Are there any life skills in common among all three of your chosen careers? List them on the Data Recording Sheet.

5. Choose the career you think you would most like to have. For that career, write three sentences that relate the life skills you studied to the requirements of that career. Use the format "*(Life skill)* is important to *(Career)* because...". For example, "*Displaying effective interpersonal communication skills* is important to *handlers, equipment cleaners, helpers, and laborers* because they must follow oral or written instructions from supervisors or more experienced workers, and be pleasant and courteous when dealing with people."
6. Think about your preparation for that career. What are you doing in your school and in your personal life to increase your life skills so that you are ready for that career? Record your answer in the format "I am becoming prepared to be a *(Career)* because I am...". For example, "I am becoming prepared to be a *physicist or astronomer* because I am learning to use my work space more effectively, and I am reading instruction manuals carefully before I use power tools."